



City of Sunderland ASC

(Affiliated to N&D SA & ASA NER)

Club Championships 2024

(Under ASA Laws & Technical Rules)

Tuesday 11th June 2024

This event is licensed Level 4 by the ASA

Licence number: 4NE241355

- 1 Sunderland Aquatic Centre has a 10 lane 25m pool with a full electronic timing system.
- 2 Events will be 25m, 50m, 100m all strokes, 100m and 200m Individual Medley. All events will be Heat Declared Winners.
- 3 Age Groups are 8yrs/Under (25m only, manual timing), 9yrs, 10yrs, 11yrs, 12yrs, 13yrs, 14yrs, 15yrs, 16yrs/Over.
- 4 **Only registered City of Sunderland ASC swimmers are permitted to enter.**
- 5 **Age at 11th June 2024.**
- 6 There are no upper or lower qualifying times. All entries will be accepted.
- 7 Non-refundable entry fee of £20.00 per swimmer.
- 8 Entry forms should be returned to the Competition Secretary **by midnight Saturday 1st June 2024** at the latest enclosing fees. Payment should be made to C.O.S.A.S.C. Contact the Meet Manager with any further enquiries.
- 9 Entry times are **Short Course**. The meet will be managed using Sportsystems. The entry file will convert all ASA rankings long course times, to short course automatically. Paper entry times should be converted to short course times by use of ASA Conversion Tables.
- 10 The Female category is for birth sex females in accordance with Swim England's Transgender and Non-Binary Competition Policy. By entering the 'Female' category, a swimmer confirms that their birth sex is female.
- 11 All events will be heat declared winners – heats will be swum with age groups combined and swimmers seeded by entry times.
- 12 Swimmers are not allowed into the spectator area wearing swimwear – they **MUST** be dry and fully clothed. No changing is allowed on poolside; the changing village is to be used for this purpose.
- 13 All swimmers under the age of 16 must be accompanied by an adult at all times while on poolside.
- 14 **Spectators are not allowed onto poolside at any time.**

- 15 When swimmers leave marshalling and report to the turn judge at the start end they must immediately remove all clothing except for swimwear. Over-the-top starts and side-by-side for backstroke may be used during the meet. Swimmers are requested to remain in the water until asked to leave the pool.
- 16 Official information can be obtained from: officials@cityofsunderlandasc.co.uk
- 17 The Meet Manager for this event can be contacted via: meetmanager@cityofsunderlandasc.co.uk
- 18 Further information can be obtained from: galas@cityofsunderlandasc.co.uk or see our website: www.cityofsunderlandasc.co.uk

CITY OF SUNDERLAND ASC CLUB CHAMPS 2024 - TUESDAY 11TH JUNE

SCHEDULE OF EVENTS

101.	Girls	9 - 11 Years	50m Freestyle
102.	Open/Boys	9 - 11 Years	50m Freestyle
103.	Girls	8 & Under	25m Freestyle
104.	Open/Boys	8 & Under	25m Freestyle
105.	Girls	12 & Over	100m Freestyle
106.	Open/Boys	12 & Over	100m Freestyle
107.	Girls	9 - 11 Years	50m Backstroke
108.	Open/Boys	9 - 11 Years	50m Backstroke
109.	Girls	8 & Under	25m Backstroke
110.	Open/Boys	8 & Under	25m Backstroke
111.	Girls	12 & Over	100m Backstroke
112.	Open/Boys	12 & Over	100m Backstroke
113.	Girls	9 - 11 Years	100m Individual Medley
114.	Open/Boys	9 - 11 Years	100m Individual Medley
115.	Girls	12 & Over	200m Individual Medley
116.	Open/Boys	12 & Over	200m Individual Medley
117.	Girls	9 - 11 Years	50m Butterfly
118.	Open/Boys	9 - 11 Years	50m Butterfly
119.	Girls	8 & Under	25m Butterfly
120.	Open/Boys	8 & Under	25m Butterfly
121.	Girls	12 & Over	100m Butterfly
122.	Open/Boys	12 & Over	100m Butterfly
123.	Girls	9 - 11 Years	50m Breaststroke
124.	Open/Boys	9 - 11 Years	50m Breaststroke
125.	Girls	8 & Under	25m Breaststroke
126.	Open/Boys	8 & Under	25m Breaststroke
127.	Girls	12 & Over	100m Breaststroke
128.	Open/Boys	12 & Over	100m Breaststroke